

My Flare UP Plan

Symptom	Signs & Questions to ask	Things that help
Example: Headache	Example: Signs people might notice when you are experiencing this symptom for example lying down or self massaging your head. Or questions you or others might need to ask like 'are you nauseous?' because this may mean it's a migraine	Example: list things that help you when you experience this symptom for example medication or ice pack